

Utah Coalition for Caregiver Support (UCCS) Establishes a Time Bank

Written by Sonnie Yudell, Division of Aging and Adult Services

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UCCS has launched a Time Bank where every hour you spend meeting a need for someone in the Coalition, you earn one Time Dollar which you can spend on having someone do something for you. Time Banking refers to a pattern of reciprocal service exchange, which uses units of time as currency and is an example of an alternative economic system. This simple, yet profound, exchange allows UCCS members to forge stronger intra-community connections, a process referred to as “building social capital”.



UCCS believes the creation of a Time Bank is a step toward making a huge difference in our community. UCCS also believe a circular flow of neighbors taking care of each other, as an extended family, will be created and we can rely on each other for day-to-day services that will support and strengthen our organizations as well as individuals.

There are five core values of time banks:*

Assets: We are all assets. Every human being has something to contribute.

Redefining Work: Some work is beyond price. Work has to be redefined to value whatever it takes to raise healthy children, build strong families, revitalize neighborhoods, make democracy work and make the planet sustainable.

Reciprocity: “Helping” works better as a two-way street.

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Social Networks: We need each other. People who help each other also reweave supportive, strong and trusting communities through creating networks that will build mutual respect and commitment.

Respect: Respect demands accountability. All our voices must be heard and heeded.

*Excerpted from Time Bank USA Materials.

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